

Raynaud's Disease

Definition

By Mayo Clinic staff

Raynaud's disease is a condition that causes some areas of your body — such as your fingers, toes, the tip of your nose and your ears — to feel numb and cool in response to cold temperatures or stress. In Raynaud's disease, smaller arteries that supply blood to your skin narrow, limiting blood circulation to affected areas. Women are more likely to have Raynaud's disease. It's also more common in people who live in colder climates. Treatment of Raynaud's disease depends on its severity and the presence of associated conditions. For most people, Raynaud's disease is more a nuisance than a disability.

Symptoms

Raynaud's disease is more than simply having cold hands and cold feet, and it's not the same as frostbite. Signs and symptoms of Raynaud's depend on the frequency, duration and severity of the blood vessel spasms that underlie the disorder. Raynaud's disease symptoms include:



- Cold fingers and toes [Ctrl + click image to follow link](#)
- Sequence of color changes in your skin in response to cold or stress
- Numb, prickly feeling or stinging pain upon warming or relief of stress

When to see your doctor

See your doctor right away if you have a history of severe Raynaud's and develop an ulcer or infection in one of your affected fingers or toes.

Causes

Doctors don't completely understand the cause of Raynaud's attacks, but blood vessels in the hands and feet appear to overreact to cold temperatures or stress.

For more on the causes and types of Raynaud's please refer to the link below.

<http://www.mayoclinic.com/health/raynauds-disease/DS00433>